



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09243, Peaches, spiced, canned, heavy syrup pack, solids and liquids**

**Report Date: June 30, 2017 19:39 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:4% Refuse Description: Pits**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole 242g
<b>Proximates</b>					
Water	g	79.20	19	0.320	191.66
Energy	kcal	75	--	--	182
Energy	kJ	314	--	--	760
Protein	g	0.41	19	0.020	0.99
Total lipid (fat)	g	0.10	19	0.000	0.24
Ash	g	0.21	19	0.007	0.51
Carbohydrate, by difference	g	20.08	--	--	48.59
Fiber, total dietary	g	1.3	--	--	3.1
Sugars, total	g	18.78	--	--	45.45
<b>Minerals</b>					
Calcium, Ca	mg	6	19	0.237	15
Iron, Fe	mg	0.28	19	0.021	0.68
Magnesium, Mg	mg	7	19	0.181	17
Phosphorus, P	mg	9	19	0.569	22
Potassium, K	mg	85	19	3.095	206
Sodium, Na	mg	4	19	0.158	10
Zinc, Zn	mg	0.08	19	0.005	0.19
Copper, Cu	mg	0.098	19	0.005	0.237
Selenium, Se	µg	0.3	--	--	0.7
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	5.3	19	2.254	12.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole 242g
Thiamin	mg	0.011	19	0.000	0.027
Riboflavin	mg	0.035	19	0.001	0.085
Niacin	mg	0.537	19	0.030	1.300
Pantothenic acid	mg	0.050	--	--	0.121
Vitamin B-6	mg	0.019	--	--	0.046
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Choline, total	mg	4.1	--	--	9.9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	16	19	1.159	39
Retinol	µg	0	--	--	0
Carotene, beta	µg	157	--	--	380
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	65	--	--	157
Vitamin A, IU	IU	317	19	23.186	767
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	61	--	--	148
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	1.19
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.7	--	--	4.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.011	--	--	0.027
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole 242g
16:0	g	0.009	--	--	0.022
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.036	--	--	0.087
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.036	--	--	0.087
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.048	--	--	0.116
18:2 undifferentiated	g	0.047	--	--	0.114
18:3 undifferentiated	g	0.001	--	--	0.002
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.001	--	--	0.002
Threonine	g	0.016	--	--	0.039
Isoleucine	g	0.012	--	--	0.029
Leucine	g	0.023	--	--	0.056
Lysine	g	0.013	--	--	0.031
Methionine	g	0.010	--	--	0.024
Cystine	g	0.003	--	--	0.007
Phenylalanine	g	0.013	--	--	0.031
Tyrosine	g	0.011	--	--	0.027
Valine	g	0.023	--	--	0.056
Arginine	g	0.010	--	--	0.024
Histidine	g	0.008	--	--	0.019
Alanine	g	0.025	--	--	0.061
Aspartic acid	g	0.069	--	--	0.167
Glutamic acid	g	0.063	--	--	0.152

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whole 242g
Glycine	g	0.014	--	--	0.034
Proline	g	0.017	--	--	0.041
Serine	g	0.019	--	--	0.046
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0